

What I claim is:

1. An armrest pivotable in a horizontal plane comprising
 - a) a bracket adapted to be attached to an armrest support arm;
 - b) a vertical pivot axis attached to said bracket;
 - c) an armrest support rotatably attached to said vertical pivot axis; and
 - d) a mechanism for securing said armrest in a fixed position in the horizontal plane of movement.
2. A method of adjusting the vertical position of an armrest comprising the steps of:
 - a) raising the distal end of the armrest to an altitude greater than the altitude of the medial end of said armrest;
 - b) repositioning said armrest; and
 - c) releasing said distal end in a manner effective to return said distal end to an altitude substantially the same as said medial end of said armrest.
3. A method of adjusting the vertical position of an armrest comprising the steps of:
 - a) positioning said armrest; and
 - b) releasing said armrest in a manner effective to engage a locking mechanism that holds said armrest in the position it was placed.
4. An adjustable arm for a chair comprising:
 - a) a support for a back of said chair connected to a base of said chair;
 - b) a bracket mounted on said back support;
 - c) a first link pivotally mounted to said bracket mounted on said back support;
 - d) a second link pivotally mounted to said bracket mounted on said back support;
 - e) a second bracket pivotally mounted to the ends of said first and said second links at the end of each link distal to the bracket mounted on said back support; and

- f) an armrest body mounted to said second bracket.
- 5. The adjustable arm for a chair of claim 4 further comprising a locking mechanism at the interface between (a) one of said links mounted to the bracket mounted on said back support and (b) said second bracket .
- 6. The adjustable arm for a chair of claim 4 further comprising:
 - a) a third bracket mounted on said back support;
 - b) a third link pivotally mounted to said third bracket;
 - c) a fourth link pivotally mounted to said third bracket;
 - d) a fourth bracket pivotally mounted to the ends of said third and said fourth links at the end of each link distal to the third bracket; and
 - e) a second armrest body mounted to said fourth bracket.
- 7. The adjustable arm for a chair of claim 4 further comprising a slider-crank joint at the interface between one link and one bracket.
- 8. An adjustable arm for a chair comprising:
 - a) a parallel arm mechanism mounted at a first end to a back support of said chair;
 - b) said parallel arm mechanism mounted at a second end to an armrest body.
- 9. The adjustable arm of claim 8 further comprising a locking mechanism.